



Harris Teeter

# Discovery

*Inspiring your Culinary Journey*



Visit [harristeeter.com](https://harristeeter.com) for recipes and savings!



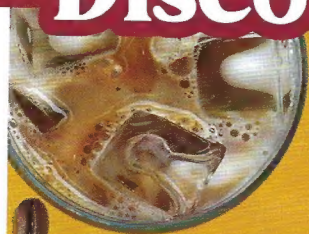
## Happy Halloween!

### What's Inside:

- Organic Produce Savings
- More Ways to Save
- NEW! HT Traders Meals and Sides
- Kids' Activity Page



# Discover What's Happening



Elevate your fall mornings



## Mummy Meatballs

- 1 package Harris Teeter Homestyle Meatballs
- 2 packages Harris Teeter Crescent Dough
- 1 cup Marinara
- 1 tbsp. Tomato paste
- Candy eyes

### Directions:

- Step 1**  
Preheat the oven to 350° F.
- Step 2**  
Microwave the meatballs on a plate until no longer cold, but not hot.
- Step 3**  
On a rimmed baking sheet, place 8 triangles of the dough. Form into logs long enough to fit three meatballs each. Top with three meatballs. Cut the remaining dough into strips and lay them in a crisscross pattern, trimming off any excess dough. Leave space at the top for the eyes.
- Step 4**  
Bake for 15-20 minutes or until the dough has cooked through and is golden. Gently press eyes on the meatball with tomato paste.
- Step 5**  
Serve with warmed marinara sauce.

## Spooktacular Savings

Look for big bag candy, decorations and more for your little ghosts and ghouls.



## Happy Hallowne!



Celebrate the spirit of the season with your favorite wine.



## Visit us for the freshest of fall flavors!

Donuts, muffins and pretzel bites, along with apple cider are a must for this time of year!





# Celebration of Flavors

## Broken Spaghetti with Shrimp

### Ingredients:

2 Tbsp. fresh parsley leaves, chopped  
1 Tbsp. fresh mint leaves, chopped  
1 tsp. hot pepper flakes  
1 large garlic clove, minced  
1 lemon, zested and juiced  
Salt to taste  
1 lb. frozen medium-size cooked shrimp, thawed



2 Tbsp. Filippo Berio Extra Virgin Olive Oil  
1 cup frozen chopped broccoli or spinach, defrosted and squeezed dry  
6 Private Selection Cherry Tomatoes, halved  
1 lb. Private Selection Spaghetti or other long pasta, broken in half  
Garnish with coarse ground pepper and extra herbs, if desired

### Directions:

1. Combine parsley, mint, hot pepper flakes and garlic in a medium bowl. Stir in lemon zest, juice, and a pinch of salt. Add shrimp to the bowl and toss to combine. Let stand for five minutes.
2. Heat olive oil in a large skillet over medium-high heat and cook shrimp with marinade for 2 minutes. Stir in the broccoli (or spinach) and cook for 1 minute. Stir in tomatoes and cook for 1 minute. Keep warm.
3. In a large pot of boiling water, cook pasta according to package directions. Reserve  $\frac{1}{4}$  cup of cooking water, then drain once cooked. Add pasta and reserved cooking water to the shrimp mixture. Reheat quickly until halt.
4. Season with salt and pepper and serve immediately.



## Quality Olive Oil

With fruit and grass notes, Filippo Berio Extra Virgin Olive Oil is well-balanced with a slightly strong aftertaste.

## Simple and Delicious

This pasta classic with delectable sauce brings the creamy flavor of Parmesan and Romano cheeses to your dishes.



## Classic Ravioli

A creamy, rich filling that blends ricotta, mozzarella, provolone and asiago cheeses wrapped in tender egg pasta.



## Real Italian Recipe

Made with only the best ingredients, and with no preservatives, Rosina meatballs are oven baked for a healthier choice.



## Premium Quality

Made from vine ripened tomatoes, seeded and strained then fresh packed to preserve their fresh taste.



## World Flavors Festival

Italian inspired

## Olive Oils and their uses

### Extra Virgin Heart Healthy

#### Robust Flavor

Dressing  
Dipping  
Drizzling  
Marinating

### Classic/Pure Olive Oil

#### Medium Flavor

Sautéing  
Grilling  
Roasting

### Light/Extra Light

#### Mild Flavor

Stir Frying  
Pan Frying  
Baking



In food with love



SCAN TO LEARN MORE



# Discover Fresh and Organic

Prices good October 9 - November 5, 2024.



1 lb.  
Simple Truth Organic  
Baby Carrots

**2 for \$4**



Select Varieties 5 oz.  
Simple Truth Organic  
Herbs

**2 for \$4**



2 lb. bag  
Simple Truth Organic  
Red and Yellow  
Onions

**3.99**  
each



3 lb. bag  
Simple Truth Organic  
Red, Gold, Russet or Sweet  
Potatoes

**4.99**  
each



5 oz.  
Simple Truth Organic  
Sliced Shitake  
Mushrooms

**4.99**  
each



2 ct.  
Simple Truth Organic  
Peppers

**3.99**  
each



1 lb.  
Simple Truth Organic  
Mini Cucumber

**3.99**  
each



1 lb.  
Simple Truth Organic  
Roma Tomatoes

**2.99**  
each



Farmers Market  
Organic Red or Green  
Cabbage

**1.79**  
per lb.



2 lb. bag  
Simple Truth Organic  
Gala Apples

**4.99**  
each



2 lb. bag  
Simple Truth Organic  
Honeycrisp Apples

**5.99**  
each



2 lb. bag  
Simple Truth Organic  
Bartlett Pears

**4.99**  
each



Simple Truth Organic  
Red, Green or Black  
Grapes

**3.99**  
per lb.



14 - 16 oz.  
Simple Truth Organic  
Tofu

**2 for \$6**



2 oz.  
VIVE Organic  
Wellness Shots

**2 for \$6**



64 oz.  
Simple Truth Organic  
Juices

**3.29**

save at least 50¢ each with your VIC card



1 oz.  
Simple Truth Organic  
Mild Chili Seasoning

**.99**

save at least 20¢ each with your VIC card



21 oz. - 6 ct.  
Simple Truth Organic  
Microwavable Popcorn

**4.69**

save at least 60¢ each with your VIC card



4 pk.  
Simple Truth Organic  
Canned Tomatoes

**4.99**

save at least 70¢ each with your VIC card



24 oz.  
Simple Truth Organic  
Steel Cut Oats

**3.99**

save at least 50¢ each with your VIC card



3.14 oz.  
Simple Truth Organic  
Fruit & Veggie Bites

**3.99**

save at least 50¢ each with your VIC card



12 oz.  
Simple Truth Organic  
Honey

**4.49**

save at least 50¢ each with your VIC card



6 pk.  
Simple Truth  
Hydration Packets

**9.99**

save at least \$3.00 each with your VIC card



# Shopping Mindfully

The choices you feel good about right here... organic, natural, free from, responsibly sourced and more.



16 oz.  
Simple Truth  
No Sugar Added  
Frozen Desserts

**3.99** VIC

save at least 40¢ each with your VIC card



16.5 oz.  
Crofter's  
Organic Spreads

**5.99** VIC

save at least 50¢ each with your VIC card



6 - 17 oz.  
Gimme Organic  
Seaweed Snacks

**4.99** VIC

save at least \$2.00 each with your VIC card



16 oz.  
Verde Organic  
93/7 Ground Beef

**8.99**

save at least \$1.00 each with your VIC card



8 oz.  
Jovial Organic  
Cassava Pasta

**4.49** VIC

save at least \$1.00 each with your VIC card



6 oz.  
Jovial Organic  
Mac & Cheese

**3.99** VIC

save at least \$1.00 each with your VIC card



12 oz.  
Jovial Organic  
Brown Rice Pasta

**3.99** VIC

save at least \$1.00 each with your VIC card



32 oz.  
Jovial Organic  
Einkorn Flour

**7.99** VIC

save at least \$2.00 each with your VIC card



8 oz.  
Lesser Evil  
Popcorn

**5.99** VIC

save at least \$1.00 each with your VIC card



10 oz.  
Tasty Bite  
Organic Entrees

**2 for \$7** VIC

save at least \$1.58 on 2 with your VIC card



17 oz.  
Terra Delyssa Organic  
Extra Virgin Olive Oil

**12.99** VIC

save at least \$2.00 each with your VIC card



13.66 oz.  
Thai Kitchen Organic  
Coconut Milk

**4.69** VIC

save at least 80¢ each with your VIC card



16 bags  
Traditional Medicinals  
Organic Tea

**4.99** VIC

save at least \$1.50 each with your VIC card

## Shopping Made Easier

The items you want have attribute icons displayed on the tag

000030684 76890
   
 033201 0.536
   
 0.536 PER OZ
   
**4.29**
  
 MI DEL GF WF GINGER SNAPS
   
**\$2.99**
  
 .062 PER OZ
   
 PRICE GOOD THRU 06/27/23
   
**SAVINGS**
  
 WITH YOUR VIC CARD
   
**\$1.98**

24 oz.  
Carbone  
Pasta Sauce

**6.99** VIC

save at least \$3.00 each with your VIC card



17 oz.  
Three Bakers Frozen  
Whole Grain Bread

**7.49** VIC

save at least \$1.00 each with your VIC card



15.7 oz.  
Daiya Frozen  
Pizza

**7.99** VIC

save at least \$3.50 each with your VIC card



32 oz.  
Zoup  
Bone Broth

**6.49** VIC

save at least \$1.50 each with your VIC card





# Ask the Pharmacist

**Are there any lifestyle factors or underlying health conditions that may contribute to sleep disturbances, and how can individuals address them?**

**Lifestyle factors include:**

- Consuming caffeine, alcohol, and other fluids before bedtime
- Inconsistent work schedules, such as alternating evening and morning shifts
- Stress
- Aging
- Certain health conditions, such as heart disease, asthma, or neurological disorders like dementia
- Mental health conditions like depression and anxiety

**Addressing sleep disturbances:**

- Increased physical activity can help reduce stress and improve symptoms of depression/anxiety
- Establish a consistent routine to ensure adequate rest, going to bed at the same time each day
- Avoiding the television and electronic devices before bedtime
- Cognitive behavioral therapy can help control thoughts or actions that may be preventing restful sleep

Harris Teeter  
**health and wellness**

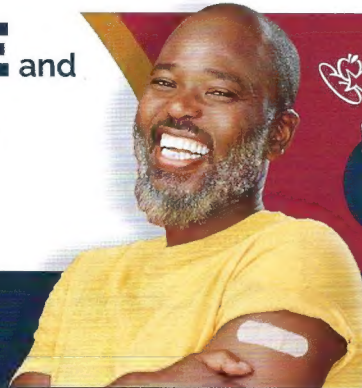


get your **FLU VACCINE** and  
**SAVE \$5.00**  
ON YOUR GROCERIES

► Offer good through October 31, 2024.

**SAVE \$15.00** ON YOUR GROCERIES  
when you get a flu vaccine and **any** other vaccine in the same visit

COVID AND RSV VACCINES ARE ALSO AVAILABLE



Harris Teeter  
**Pharmacy**  
plus...  
earn  
**50**  
fuel points



SCAN TO SCHEDULE  
AN APPOINTMENT

**CARE** meets **CONVENIENCE**

Restrictions apply. Ask pharmacist for details.

Balance Your  Health & Wellness with Essentials & Good-for-you Foods

**Rich, creamy goodness of dairy  
with 100% natural ingredients**

Deliciously lactose free Greek yogurt paired with fruit or honey.



- NEW FAGE BestSelf Split Cups!
- Non-GMO Project Verified
- Protein-rich

**Whole-body  
Care**

Relaxing body wash with 24-hour Renewing MicroMoisture. Nourishes and boosts skin with hydration in just one shower.



**Hypoallergenic**

The #1 tissue trusted by teachers\* and Ultra Soft™ Tissues have 3 thick layers that softly comfort skin and keep hands protected all school year long.

\*Based on TeacherLists



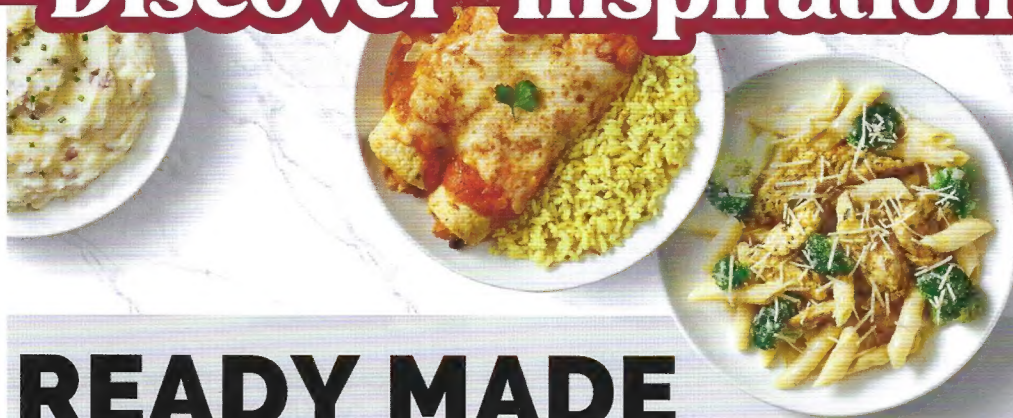
**Ultra  
Soft**

Removes up to 99% of makeup. Lifts away dirt, oil and sunscreen.





# Discover Inspiration



**HT Traders**  
DISCOVER • INSPIRE • ENJOY

## READY MADE MEALS AND SIDES

Delicious meals & sides curated for you, to make dinner easier.

FIND THEM IN OUR FRESH FOODS DEPARTMENT



BE SURE TO  
CHECK OUT  
WHAT'S

**NEW**



20g protein,  
0g added sugar -  
everything you  
need and nothing  
you don't.



Take your  
menu to  
the next  
level with  
these new  
McCormick  
spices!

**NEW**

200mg caffeine  
for energy and  
Gatorade  
Electrolytes.  
Zero sugar,  
natural flavors,  
no artificial  
colors.



**NEW**



Real Potatoes,  
Real Easy®

**NEW**



Tastes like an egg should,  
from hens who roam free.

**NEW**

Monster  
Energy  
Ultra Vice  
Guava!  
Zero Sugar,  
Full Flavor!



**NEW**



Single-serve protein  
packed frozen bowls

**NEW**

Packed with  
30G of quality  
natural protein.  
No chalky  
aftertaste, no  
added sugars,  
low calories and  
it's lactose free.



**NEW**

Whole Body  
Deodorant.  
24/7  
Freshness.  
Available in  
Cream, Stick,  
or Spray.



**NEW**

Blink™  
NutriTears®  
Hydrates eye  
from within for  
long-lasting  
relief\*



\*Based on a  
clinical study

These statements have not been  
evaluated by the Food and Drug  
Administration. This product is  
not intended to diagnose, treat,  
cure, or prevent any disease





**Harris Teeter**  
YOUR NEIGHBORHOOD MARKET

# Discover Fun!

## THREE WORDS GAME

Think of three words for each Halloween category

GAMES

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SPOOKY THINGS

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MONSTERS

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FOODS

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ANIMALS

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CANDIES

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KIDS GET A  
**FREE  
COOKIE**  
IN THE BAKERY

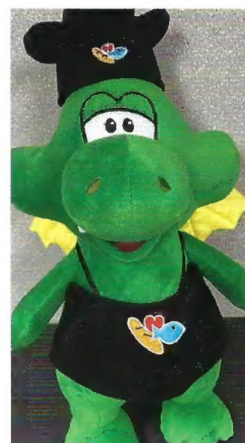
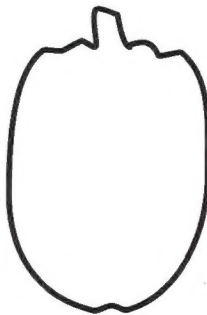
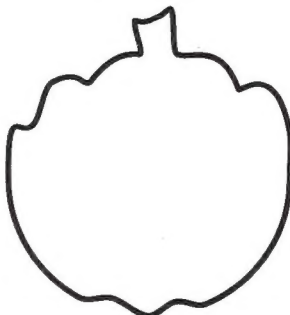
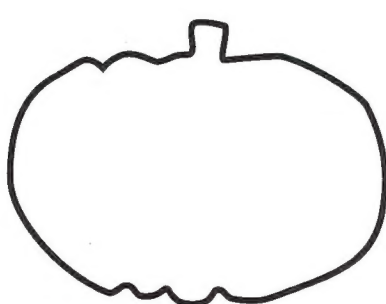
SOMETHING TO THINK ABOUT:  
"WOULD YOU RATHER?"

Would you rather get sour candy or  
get sweet candy?

Would you rather be a black cat or  
be a vampire bat?



Draw some funny pumpkin faces



**Harry  
The  
Dragon  
Plush  
now in  
stores!**

While  
supplies last.

- ways to -  
**SAVE**  
my Harris Teeter

visit [harristeeter.com](http://harristeeter.com)  
to find out more  
about these programs

**Download the App**  
to shop and save easier!

Use the Harris Teeter App to:

Shop Online | Clip Digital Coupons | Track Fuel Points  
View Weekly Specials | Refill Prescriptions



**SAVE UP TO \$1.00**  
PER GALLON\*

Earn points every time you shop using your VIC card.

\*Terms & conditions apply.

**eVIC**

Register for personalized  
e-mails, unique savings and  
access to digital coupons.

**SAVE \$100's**  
every month when you join

Join **HT Plus** and get ready for an easier way to **SAVE**

**2X** **FUEL POINTS**

on all eligible orders.

**FREE**  
delivery\*

Exclusive access to over  
**\$100** in  
savings

\*Restrictions apply. Visit [harristeeter.com](http://harristeeter.com) for details.